

LEVERS et COUCHERS SOLEIL - LUNE LYON 2026

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	08:19	17:08	14:40	06:33	
V 2	08:19	17:09	15:44	07:48	
S 3	08:19	17:10	17:00	08:48	
D 4	08:19	17:11	18:23	09:33	
L 5	08:19	17:12	19:45	10:05	
M 6	08:19	17:13	21:03	10:30	
M 7	08:19	17:14	22:17	10:50	
J 8	08:18	17:15	23:27	11:07	
V 9	08:18	17:16		11:23	
S 10	08:18	17:18	00:34	11:40	
D 11	08:17	17:19	01:41	11:57	
L 12	08:17	17:20	02:47	12:18	
M 13	08:16	17:21	03:55	12:43	
M 14	08:16	17:22	05:01	13:15	
J 15	08:15	17:24	06:03	13:56	
V 16	08:15	17:25	07:00	14:46	
S 17	08:14	17:26	07:48	15:47	
D 18	08:13	17:28	08:26	16:55	
L 19	08:13	17:29	08:56	18:06	
M 20	08:12	17:30	09:21	19:19	
M 21	08:11	17:32	09:42	20:31	
J 22	08:10	17:33	10:00	21:44	
V 23	08:09	17:34	10:17	22:57	
S 24	08:09	17:36	10:35		
D 25	08:08	17:37	10:54	00:12	
L 26	08:07	17:39	11:18	01:31	
M 27	08:06	17:40	11:49	02:51	
M 28	08:05	17:42	12:29	04:13	
J 29	08:03	17:43	13:24	05:29	
V 30	08:02	17:44	14:33	06:34	
S 31	08:01	17:46	15:53	07:24	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 18					
● PREMIER QUARTIER le 26					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	08:00	17:47	17:16	08:01	
L 2	07:59	17:48	18:36	08:29	
M 3	07:58	17:49	19:53	08:51	
M 4	07:56	17:52	21:06	09:10	
J 5	07:55	17:53	22:15	09:27	
V 6	07:54	17:55	23:24	09:44	
S 7	07:52	17:56		10:01	
D 8	07:51	17:58	00:32	10:20	
L 9	07:50	17:59	01:40	10:43	
M 10	07:48	18:01	02:47	11:13	
M 11	07:47	18:02	03:52	11:50	
J 12	07:45	18:04	04:51	12:36	
V 13	07:44	18:05	05:42	13:33	
S 14	07:42	18:06	06:24	14:38	
D 15	07:41	18:08	06:57	15:50	
L 16	07:39	18:09	07:24	17:03	
M 17	07:37	18:11	07:46	18:16	
M 18	07:36	18:12	08:05	19:31	
J 19	07:34	18:14	08:23	20:45	
V 20	07:33	18:15	08:41	22:01	
S 21	07:31	18:17	09:00	23:20	
D 22	07:29	18:18	09:23		
L 23	07:27	18:19	09:51	00:40	
M 24	07:26	18:21	10:27	02:01	
M 25	07:24	18:22	11:16	03:19	
J 26	07:22	18:24	12:19	04:25	
V 27	07:21	18:25	13:33	05:19	
S 28	07:19	18:26	14:52	06:00	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	07:17	18:28	16:12	06:30	
L 2	07:15	18:29	17:30	06:54	
M 3	07:13	18:31	18:44	07:14	
M 4	07:12	18:32	19:55	07:31	
J 5	07:10	18:33	21:05	07:48	
V 6	07:08	18:35	22:14	08:05	
S 7	07:06	18:36	23:23	08:23	
D 8	07:04	18:38		08:45	
L 9	07:02	18:39	00:31	09:12	
M 10	07:00	18:40	01:38	09:45	
M 11	06:59	18:42	02:39	10:27	
J 12	06:57	18:43	03:34	11:20	
V 13	06:55	18:44	04:19	12:21	
S 14	06:53	18:46	04:56	13:30	
D 15	06:51	18:47	05:25	14:41	
L 16	06:48	18:48	05:49	15:55	
M 17	06:47	18:50	06:09	17:10	
M 18	06:45	18:51	06:27	18:25	
J 19	06:43	18:52	06:45	19:42	
V 20	06:41	18:54	07:05	21:02	
S 21	06:40	18:55	07:27	22:24	
D 22	06:38	18:56	07:53	23:48	
L 23	06:36	18:58	08:27		
M 24	06:34	18:59	09:13	01:08	
M 25	06:32	19:00	10:12	02:19	
J 26	06:30	19:02	11:23	03:17	
V 27	06:28	19:03	12:40	04:01	
S 28	06:26	19:04	13:58	04:33	
D 29	07:24	20:06	16:15	05:59	
L 30	07:22	20:07	17:28	06:19	
M 31	07:20	20:08	18:39	06:36	
○ PLEINE LUNE le 03					
● DERNIER QUARTIER le 11					
● NOUVELLE LUNE le 19					
● PREMIER QUARTIER le 25					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	07:18	20:10	19:49	06:53	
J 2	07:17	20:11	20:58	07:10	
V 3	07:15	20:12	22:06	07:28	
S 4	07:13	20:13	23:16	07:48	
D 5	07:11	20:15		08:13	
L 6	07:09	20:16	00:23	08:43	
M 7	07:07	20:17	01:27	09:23	
M 8	07:05	20:19	02:24	10:10	
J 9	07:03	20:20	03:13	11:08	
V 10	07:02	20:21	03:53	12:12	
S 11	07:00	20:23	04:24	13:22	
D 12	06:58	20:24	04:49	14:33	
L 13	06:56	20:25	05:11	15:46	
M 14	06:54	20:27	05:30	17:00	
M 15	06:52	20:28	05:48	18:16	
J 16	06:51	20:29	06:07	19:35	
V 17	06:49	20:30	06:28	20:57	
S 18	06:47	20:32	06:53	22:23	
D 19	06:45	20:33	07:25	23:48	
L 20	06:44	20:34	08:07		
M 21	06:42	20:36	09:03	01:06	
M 22	06:40	20:37	10:12	02:10	
J 23	06:39	20:38	11:29	03:00	
V 24	06:37	20:40	12:48	03:36	
S 25	06:35	20:41	14:05	04:03	
D 26	06:34	20:42	15:19	04:25	
L 27	06:32	20:44	16:29	04:43	
M 28	06:30	20:45	17:38	05:00	
M 29	06:29	20:46	18:46	05:16	
J 30	06:27	20:47	19:54	05:34	
○ PLEINE LUNE le 02					
● DERNIER QUARTIER le 10					
● NOUVELLE LUNE le 17					
● PREMIER QUARTIER le 24					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
V 1	06:26	20:49	21:02	05:53	
S 2	06:24	20:50	22:10	06:16	
D 3	06:23	20:51	23:16	06:44	
L 4	06:21	20:53		07:21	
M 5	06:20	20:54	00:16	08:05	
M 6	06:18	20:55	01:08	08:59	
J 7	06:17	20:56	01:50	10:01	
V 8	06:16	20:58	02:23	11:08	
S 9	06:14	20:59	02:51	12:17	
D 10	06:13	21:00	03:13	13:27	
L 11	06:12	21:01	03:33	14:38	
M 12	06:10	21:03	03:51	15:51	
M 13	06:09	21:04	04:09	17:07	
J 14	06:08	21:05	04:28	18:26	
V 15	06:07	21:06	04:51	19:51	
S 16	06:06	21:07	05:20	21:18	
D 17	06:05	21:09	05:57	22:41	
L 18	06:04	21:10	06:48	23:55	
M 19	06:02	21:11	07:54		
M 20	06:01	21:12	09:11	00:52	
J 21	06:00	21:13	10:33	01:35	
V 22	06:00	21:14	11:53	02:05	
S 23	05:59	21:15	13:09	02:29	
D 24	05:58	21:16	14:21	02:49	
L 25	05:57	21:17	15:31	03:06	
M 26	05:56	21:18	16:38	03:23	
M 27	05:55	21:19	17:46	03:40	
J 28	05:55	21:20	18:53	03:59	
V 29	05:54	21:21	20:01	04:20	
S 30	05:53	21:22	21:07	04:47	
D 31	05:53	21:23	22:08	05:21	
○ PLEINE LUNE le 01					
● DERNIER QUARTIER le 09					
● NOUVELLE LUNE le 16					
● PREMIER QUARTIER le 23					
○ PLEINE LUNE le 31					

JUIN					
Dates		Soleil		Lune	
		L	C	L	C
L 1	05:52	21:24	23:03	06:02	
M 2	05:51	21:25	23:48	06:54	
M 3	05:51	21:26		07:53	
J 4	05:50	21:27	00:24	08:58	
V 5	05:50	21:27	00:53	10:06	
S 6	05:50	21:28	01:17	11:15	
D 7	05:49	21:29	01:37	12:24	
L 8	05:49	21:30	01:55	13:34	
M 9	05:49	21:30	02:12	14:46	
M 10	05:48	21:31	02:30	16:01	
J 11	05:48	21:31	02:50	17:21	
V 12	05:48	21:32	03:15	18:45	
S 13	05:48	21:32	03:48	20:10	
D 14	05:48	21:33	04:31	21:30	
L 15	05:48	21:33	05:30	22:36	
M 16	05:48	21:34	06:44	23:27	
M 17	05:48	21:34	08:07		
J 18	05:48	21:35	09:32	00:03	
V 19	05:48	21:35	10:52	00:31	
S 20	05:48	21:35	12:08	00:53	
D 21	05:49	21:35	13:20	01:12	
L 22	05:49	21:36	14:29	01:29	
M 23	05:49	21:36	15:27	01:46	
M 24	05:49	21:36	16:45	02:04	
J 25	05:50	21:36	17:53	02:24	
V 26	05:50	21:36	18:59	02:49	
S 27	05:51	21:36	20:02	03:21	
D 28	05:51	21:36	20:59	04:00	
L 29	05:51	21:36	21:47	04:45	
M 30	05:52	21:36	22:25	05:46	
● DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 15					
● PREMIER QUARTIER le 21					
○ PLEINE LUNE le 30					